

kansas state collegian

www.kstatecollegian.com

thursday, february 23, 2012

vol. 117 | no. 103

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You are not alone. See why
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SGA ELECTION

Candidates have chance to persuade, inform voters in debate

Allocation transparency,
diversity funding notable
topics in public forum

Darrington Clark
staff writer

Student body presidential candidates Corey Glaser, Garrett Lister and Nathan Spriggs explained and defended their campaign platforms at the Student Governing Association presidential debate held in the K-State Union Courtyard on Wednesday.

Supporters of each candidate attended the debates, as well as students who were interested in learning more about each candidate's platform. DJ Bolderjack, radio personality on Wildcat 91.9, served as the debate moderator.

Spriggs, current student body president and senior in agricultural economics, said he was focused on using the debates as a way to give information to potential voters.

"These debates offer a great forum for students to ask questions and get information about what we're doing," Spriggs said.

Lister, senior in agricultural economics, also found that sharing SGA information with students was a vital part of this year's election.

"It's necessary to get people interested in elections," Lister said. "I want people to vote. Even if they don't vote for me, it's great that more students are being a part of the SGA."

Among the first topics that candidates discussed was previous experience. Glaser, senior in computer engineering, reiterated the fresh perspective he could bring to the SGA since he has no previous SGA affiliation.

"My running mate and I are advocates for change," Glaser said. "People want to feel like the SGA is always working in their best interest, and I'm running so that normal students can feel connected to the SGA."

Bolderjack asked each candidate what his [the candidate's] first plan of action would be if they won the office. Spriggs discussed the current students only parking lot project that

Garrett Lister & Allison Penner

-*Recreational Complex Parking*
Poor parking options prevent students from utilizing the Peters Recreation Complex albeit their privilege fees pay for its ongoing expansion. Lister and Penner plan to address this issue by looking at all possibilities from Rec Only parking permits to a solution involving the South Parking lot that will be added with the finalization of the expansion.

-*Educational Equipment*
K-State is on its way to becoming a top of the line research institution. However, current educational equipment is not the best condition. Lister and Penner plan to increase student fees to improve all classroom equipment starting in the biology, chemistry and physics departments.

-*Academic Advising*
While many students have excellent experiences with their advisers, others wish that they could get more out of the experience. Lister and Penner plan to strengthen the relationship between K-State and the National Academic Advising Association, which will analyze the advising system and work to help make the necessary changes.

he and his administration is trying to initiate as one of his main priorities. Spriggs also commented on the lack of mass student participation in SGA events.

"I'm very interested in new ways to increase the information given to students about SGA," Spriggs said. "We already use avenues like K-State Today magazine, newsletters and our website, but if there is a way to connect with students and get them involved, I will do it."

Lister said that he would begin building a trustworthy team of people to work with him in his presidency.

"I think we can help generate interest in SGA by being visible and approachable," Lister said. "I'm a senator for the College of Agriculture, but I've been speaking with many clubs, organizations, and senates. I will put forth a concentrated effort to represent all students well."

Glaser stressed that he would open up more lines of communication from the SGA to students.

"I want to provide open communication with students about what's going on inside of SGA," Glaser said. "My campaign is about fairness. The students should know exactly how and why their money is spent."

The debate then shifted toward funding and allocation transparency. A central issue that has been causing controversy for Glaser's campaign is the funding for the Diversity Programming Committee and its relation to funding for other student groups.

Both Spriggs and Lister stated that they would continue to support the DPC if elected, and would not change the current system.

"I'm experienced in SGA, I know how it works," Lister said. "I also bal-

ance out well with my running mate, because she has less experience with SGA, so she can bring a fresh perspective. We will do so, however, without changing working institutions."

Spriggs also showed support for DPC, and noted that in his experiences with other universities in the Big 12, K-State involved the most student run organizations and decision-making.

"The students decide where the money goes, and I think that's neat, and something that makes K-State unique," Spriggs said.

Glaser's responses to the moderator's questions allowed him to speak on multiple parts of his platform. Questions from the audience focused

Corey Glaser & Michael Hampton

-*Publicize SGA Spending*
It's student money that SGA is given the responsibility to allocate. Therefore, the students deserve to know how it is being spent. Glaser and Hampton want the student body to know where every dime of their money goes. "Transparency is our policy."

-*Increase Communication Between SGA and the Student Body*
Glaser and Hampton want to open a Twitter/Facebook page where students can submit suggestions and the people in charge can keep them informed of what is going on in SGA. They also want to hear students' opinions and ideas.

-*Bring a Fresh Perspective to SGA*
Neither Glaser nor Hampton are current members of the SGA. They plan to bring a fresh perspective by communicating more openly with students about ideas and allocating funds.

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Nate Spriggs & Grant Hill

-*Improving Advising*
While some departments boast a 15:1 student-to-advisor ratio, others struggle to manage hundreds of students with only a handful of advisers. Spriggs and Hill plan to work with the Provost's Office to develop a strategic plan for balancing and improving the current advising system.

-*Accessible Course Syllabi*
Spriggs and Hill look to make course syllabi available to all students at the time of enrollment, giving them the opportunity to easily compare and contrast course sections, view semester projects, assignments and point distribution, and garner a better feel for the course before enrolling.

-*Student Design Center*
Many universities offer their students a design center for creating projects, yet K-State currently lacks a similar service. These programs provide free graphic design to student organizations. Spriggs and Hill plan to work with the K-State Student Union Director to expand the existing Union Graphics office to include design and marketing services for student organizations by creating several new, part-time student positions.

on money allocation and the DPC. Glaser took every opportunity to emphasize his stand on DPC funding.

"If elected, I would put pressure on all student organizations to show how their money is being spent," Glaser said. "Spreadsheets would probably be the best option to achieve transparent records."

Members from the audience asked pointed questions about the diversity programs and how their money will be spent under the SGA, but all candidates got the chance to respond to how they will support the diversity community. Glaser stated that he would support diversity in making sure that all diversity clubs and organizations are receiving fair attention for requests they make of the SGA, especially funding requests.

Lister focused his responses in the debate on reinforcing the student experience at K-State.

"I want K-State students to have an opportunity for the best experience possible," Lister said. "We will do this by updating equipment, working for the best academic advising programs and utilizing everything that students pay for."

Lister cited that under-utilization of the resources that students pay for is one of the problems that K-State students face. Glaser stated that campus safety is a concern that he would address in office.

Spriggs' responses focused the most on all areas of student life.

"My platform is centered on balancing the different areas of student life and the campus experience," Spriggs said. "The best thing about today was the opportunity to speak to students about the past SGA activities. We have a proud record to stand by, and I will continue working for that."

The debate came to a close after Glaser answered one final question about DPC funding. The candidates met with their running mates and talked to the crowd individually when the official debates were over. Each candidate got a chance to connect with supporters and spread word of their campaign. The candidates will continue to make official and unofficial campaign appearances until voting begins.

International students new to campus face variety of issues

Sean Frye
staff writer

While K-State is located in a relatively small town compared to major cities throughout the country, the international population on campus is significant. According to K-State's website, there are currently 1,851 international students enrolled on campus. In the fall, there were 1,856, with 928 students- 50 percent coming from China.

One aspect that makes K-State's international student presence stand out compared to their rivals at the University of Kansas is that while KU's campus is only slightly more than 8 percent international, K-State has a 12 percent international student population.

Peter McPherson, assistant to two former U.S. presidents, spoke last month at a lecture about internationalization of universities at the Little Theater in the K-State Student Union and said he was very impressed with the international population on K-State's campus.

"I think bringing in international students is a huge part of this," said McPherson. "I love the idea of international undergraduates living in the residence halls. There is nothing better than 18 or 19-year-olds living with international students either as roommates or down the hall."

There are many international students throughout campus that work in the residence halls, as either resident advisors or in other positions of authority. They receive no special treatment to obtain these jobs, as they go through the same application process as every other student on campus.

"They apply just like everybody else," said Sara Thurston-Gonzalez, director of International Student and Scholar Services (ISSS) on campus.

The availability of jobs to international students is crucial because they are ineligible for financial aid, according to Thurston-Gonzalez. There are a limited number of small scholarships available to international students, but with the rising costs of tuition and living expenses, \$500 is hardly enough to get by.

"There really isn't financial aid for international students," Thurston-Gonzalez said.

Powercat Motorsports designs, builds formula-style racecars

Rudy Date
staff writer

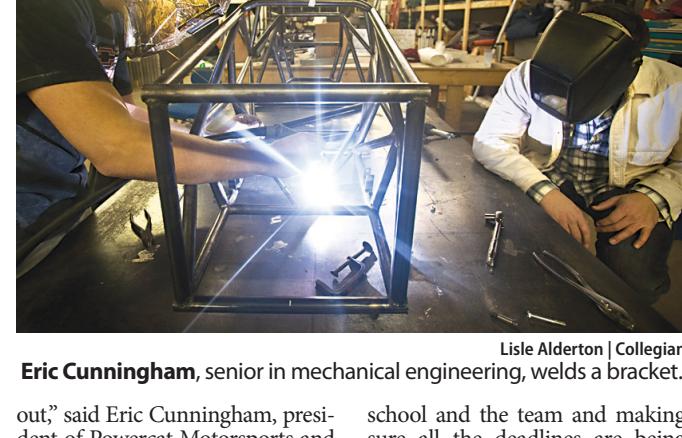
This is part one of a two part story. The second part of this story will be in the Friday, Feb. 24 edition.

Formula 1 racing is considered by many to be a thrilling, adrenaline-filled sport. Thousands of fans around the country and the world dream of being on a track and driving an F1 supercar.

Students involved in Powercat Motorsports, the K-State division of the Society of Automotive Engineers, come very close to making this dream a high-speed reality. Not only do students drive a formula-style race car, they design, engineer and build a car and fund the whole project themselves.

The basis of the international competition is that a fake company is looking to hire a team of students to develop a formula-style race car. The timelines, challenges and results, however, are very real.

Powercat Motorsports is a student organization open to anybody in the university that wants to help



Lisle Alderton | Collegian

out," said Eric Cunningham, president of Powercat Motorsports and junior in mechanical engineering. "We design and build formula-style race cars under the rules of the SAE. We also have a full business side, where we manage budgets, sponsors and timelines."

Cunningham is in charge of making sure everything goes as planned, from contacting sponsors, acting as a liaison between the

school and the team and making sure all the deadlines are being met. This includes properly registering the team for competitions and arranging the hotel and lodging logistics, just to name a few responsibilities.

Designing, building and testing a race car is not as easy as some might think. To help tackle this

SGA

SGA to vote on several allocations

Jakki Thompson
assistant news editor

Student senators will vote on an increase in the student health privilege fee at the Student Governing Association meeting tonight. SGA

will also vote on whether or not to allocate funds to the Children's and Adolescent Literature Community, the National Art Education Association, the African Student Union and to the Muslim Student Association. SGA will also welcome a new

student senator from the College of Agriculture. Student senators will also introduce three new pieces of legislation that involve allocation funds and a resolution that supports in-state tuition assistance for honorably discharged veterans.

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K-State women's basketball sweeps series against Cowgirls

Kelly McHugh
sports editor**Senior captain Jalana Childs was "just doin' it, like Nike."**

K-State women's basketball took on the Oklahoma State Cowgirls Wednesday night in Bramlage Coliseum and, despite a low scoring, back-and-forth battle of a game, the Wildcats came out on top with a 53-50 win.

"Just another greatly competitive Big 12 game," said Deb Patterson, K-State's head coach. "We knew coming into this game that there was a strong chance it would come down to the final possessions, but I wasn't thinking that it would be such a grinded out battle for us."

The last time K-State played Oklahoma State in Stillwater, Okla., junior captain Brittany Chambers was the hot-shot of the game, coming away with a huge 29 points and 10 rebounds for a double-double.

Oklahoma State came into this game with high hopes to keep Chambers off the scoring boards, which they did until the final minutes, however by pressing their defensive focus on one force, they left another open.

"We made some adjustments trying to guard Chambers because she lit us up in Stillwater," said Jim Littell, Oklahoma State's head coach. "Now Childs just killed us the first half. She stepped up and hit open shots and that's what's a great player, especially a senior player, does in this league and I thought she was definitely a difference in the ball game."

Senior captain Jalana Childs finished the game with a game-high 22 points, 18 of which she scored in the first half as she carried her team through an offensive struggle to hit shots.

"Jalana was an all-league player tonight, unbelievably tremendous in both halves, didn't get as many touches in the second half but continued to compete extremely well and maximized, I thought, every touch she got. She played strong tonight," Patterson said.

While K-State kept Oklahoma State to a tightly pressured game the first half, the offensive effort of the Wildcats was left almost solely to Childs as she held her impressive game-high first half points, and was joined on the board by only Chambers and junior guard Mariah White, only scoring two points each.

While Oklahoma State won the ball at tipoff, the K-State defense opened up strong and the first possession of the game for the Cowgirls turned into a missed first shot.

Scoring the first points of the game, and her only points of the first half, was Chambers with a quick layup during the Wildcats first possession.

K-State quickly grew their lead to eight points as Childs caught fire on the offense and put away her first six points in the opening minutes.

While Childs was hot on the offense, the rest of her team were unable to make shots, and K-State let up a 11-0 run by the Cowgirls giving them a four-point lead.

After Oklahoma State's run, Childs responded by posting four more points for K-State.

Around the 10-minute mark the game was tied at 14-14 when both teams went on a 5-minute dry spell in scoring points. While the non scoring was broken by two more points by Childs, the Wildcats closed the first half trailing the Cowgirls 23-22.

"At a point in the first half I realized I was the only one really scoring," Childs said. "I felt like that play, pick and pop, kept coming to me, and I took the shot and it was good for us, really kept us in the game."



Junior guard, Brittany Chambers storms down the court, outrunning Oklahoma State defender, Tiffany Bias in Bramlage Coliseum Wednesday.



Senior forward, Jalana Childs sets up for a shot during the women's game against Oklahoma State in Bramlage Coliseum. Childs scored an exhilarating 22 points during the game.

The second half opened strong for the Cowgirls as they out-energized the Wildcats and were quick to hold their lead.

However, at the 16-minute mark K-State senior guard Tasha Dickey put away her first points of the game, and opened up the confidence of K-State as other players went on to score as well, much different from the first half.

"We had some players that had to individually had to step up big time in critical possessions down the stretch and did," Patterson said.

The score was tied up at 47-47 in the final two minutes of play until White sunk three points for the Wildcats, and from that point until the end of the game the confidence level rose for K-State as they closed the game with another win putting

them at 9-6 in Big 12 Conference play.

"Glad to have the victory, it was hard fought and it was really neat to see these individuals step up and make plays," Patterson said. "We weren't a work of art tonight by any stretch of the imagination offensively, but what I do like is that willingness that each individual had to make plays when we had to have

them."

As for Childs, the past three games she has carried her team scoring in the double digits, and during her last season of eligibility she has been working on capitalizing on her game to make an impact on her team.

"I know what I can do, and I know what I have done," Childs said. "It's just doin' it, like Nike."

Two-minute drill

Jared Brown, Adam Suderman
staff writer

NCAA Football

Davonte Neal, the top unsigned recruit on ESPN's top 150, committed and signed with Notre Dame Tuesday evening. Neal, ranked No. 8 in the country, chose the Fighting Irish over Arkansas, Arizona and North Carolina. He originally planned on announcing his pick in front of a crowd of nearly 600 elementary students at his former elementary school in Scottsdale, Ariz. Neal told ESPN.com that it was Notre Dame's academic reputation and opportunity to play right away that stood out.

"That's exactly what I wanted," Neal said. "Go in and play in my first year. Be on special teams. Be on the offensive side and hopefully be on the defensive side as well."

NFL

Unrestricted free agent quarterback Brady Quinn apologized for remarks made in a GQ article about his former teammate and Denver starting quarterback, Tim Tebow. Quinn stated in the article that he believed it was the Denver fans that gave Tebow his starting job.

"I feel like the fans had a lot to do with that," Quinn said in the article. "Just 'cause they were chanting his name. There was a big calling for him. No, I don't have any billboards. That would have been nice."

MLB

Pitcher Roberto Hernandez, formerly known as Fausto Carmona, "told The Associated Press he hopes to obtain a judicial pardon and return to the Cleveland Indians this season," according to a Feb. 22 AP article on washingtonpost.com. The article states that "Hernandez was placed on baseball's restricted list after he was arrested in the Dominican Republic for false identity charges last month. Authorities have said he is 31, three years older than the pitcher claimed." On Wednesday, Hernandez said, "I'm doing all that is necessary so that when the pardon is granted, I won't have to wait long to play again."

NBA

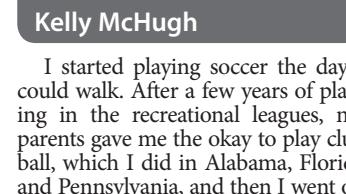
New York Knicks point guard Jeremy Lin has fans watching Knicks' games on television in record numbers.

The Knicks announced Tuesday that "their past two games were the highest-rated regular season events on MSG since the network began tracking household ratings in the 1988-89 season," according to a Feb. 21 si.com article.

The last two home games, which were losses to the New Orleans Hornets and to the New Jersey Nets were watched by more than 540,000 people and drew ratings of 7.3.

Since becoming the Knicks' starting point guard, Lin averages 14.6 points per game and 9.2 assists per game in 10 games and has the Knicks at a record of 8-2 during that 10 game span.

Minor injuries can be trained around



Kelly McHugh

I started playing soccer the day I could walk. After a few years of playing in the recreational leagues, my parents gave me the okay to play club ball, which I did in Alabama, Florida and Pennsylvania, and then I went on to play NCAA Division II soccer at Colorado Christian University.

Throughout my life I have had my share of killer training sessions. But, despite the fact all my friends got shin splints from time to time, I had never experienced them until last week.

According to webMD.com, shin splints can "ruin your game" and can be caused by a lot of different types of physical activity depending on the person. However, runners can often experience shin splints just by switching the intensity of their workout or changing the place they chose to train in.

So it makes sense that I got shin splints this week.

The weather this past week has been great; sunny, and warm enough to take my workouts outside.

This past winter I have mainly trained inside. So my shins are accustomed to treadmill running, but this

week I had the opportunity to be re-united with Memorial Stadium.

This week I did a workout I like to call "5,4,3,2,1..." (creative, I know) it basically went like this: five laps around the track, five sets of stairs, four laps around the track, four sets of stairs, and so on and so forth until I got to one.

By the time I got to that last set of stairs I was pretty spent.

However, even though I was pretty sore, I did not feel my shin splints kicking in until that evening when I put on my high heels and walked down those Bramlage Coliseum stairs at the K-State women's basketball game. That was intense.

I remember in Colorado, after long days of preseason training, my teammates would go back to their rooms with ice wrapped around their shins, and I always considered myself lucky I did not have to do that.

That changed Saturday night though when I decided to stop by a gas station on my way home from Bramlage to pick up a bag of ice (I do not have ice cube trays) and used it for my shins.

According to a May 1, 2008 article in Runners World by Jim and Phil Wharton, a good cure when you start to feel pain in your shins is, "to take a few days off from running. You can cross-train, but stick to low-impact activities like swimming, pool running, or cycling."

So, training at the pool or on my bike, along with a lot of ice, is going to

be my cure.

I plan on taking some time off running and hitting the pool pretty hard this week. Swimming has been the one area of triathlon training that I continue to dread every time I realize it is on my agenda.

Also, I have been having goggle malfunctions, which seriously impacts my choice to be lazy and not work as hard when in the pool.

I should probably get new goggles soon.

This week's weather forecast is looking pretty nice to me, so, along with getting to the pool, I have penciled in long bike rides into my schedule.

The triathlon I am going to compete in May has a 13-mile bike course, so I want to take full advantage of preparing myself for that while the weather is agreeable.

Despite the fact I have shin splints, there are still ways to train around them.

A key in training with minor injuries is you have to be flexible with your workout schedule and you have to make sure not to over-work yourself and make the injury worse.

As badly as I want to get outside and go for a good, long run, the smart thing to do is to give my shins a break.

Focusing harder on swimming and biking will probably do me good in the end.

Kelly McHugh is a junior in journalism and mass communications. Please send comments to sports@kstatecollegian.com

Are you ready for SPRING BREAK 2012

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thursday, february 23, 2012

Traveling on a budget: 10 ideas that will not 'spring break' the bank

Plan a fun, creative trip without spending large amounts of cash

Emily Henderson
staff writer

With spring break less than a month away, many students are starting to work longer hours and save their money in hopes for a memorable spring break.

Here are 10 fairly cheap spring break ideas:

1. Take a road trip. Gas is a little expensive, but if you split it three or four ways, the cost per person could be very low. There are a few websites, such as studentuniverse.com, for example, that offer cheap hotel rates for students. You just have to register and scan your student ID to get low prices on hotels.

2. Did you know Kansas has approximately 30 waterfalls? They range in size from a foot to 70 feet high. Driving to some of the waterfalls would be fairly cheap for a group of people, and if the weather is nice you could also squeeze in some cliff diving. You can find more information at *kansas-travel.org*.

3. If waterfalls don't tickle your fancy, pick a different theme for your adventure road trip. There are several reports of haunted places in the state of Kansas. Why not take a trip around the state to find the scariest location? If you are the intellectual type, visit the many museums in your state, or pack up your car and visit the eight wonders of Kansas.

4. Many lake house owners rent out their homes for spring break. Renting a lake house with friends wouldn't cost too much. Simply search

the Internet for lake houses around your closest lake and you will find plenty of results. Some lake houses can sleep more than 10 people, making splitting the cost even easier. If you would rather visit the mountains than a lake, there are an abundance of cabins for rent as well in Colorado.

5. Become a volunteer. If you are extremely tight on money and do not want to sit at home all day, become a volunteer in your community. Volunteering might not sound like much fun, but it can be very rewarding if it is through an organization that deals with issues you truly care about. There are also programs around the country that offer alternative spring breaks where you spend a week volunteering somewhere other than your home town. An added plus is that volunteer work also looks good on your resumé.

6. Sign up to be an international volunteer. There are hundreds of organizations welcoming volunteers to different parts of the world. Although some might not be cost-effective, there are organizations, such as Volunteer HQ, that offer weekly trips for volunteers for only \$250. Volunteering is a good idea if you are itching to go out of the country and have an unforgettable vacation.

7. If the thought of going home and hanging out with your parents seems absolutely awful, go to someone else's home. Visiting a new town is often exciting and if you are with someone you enjoy being around, it could be a great spring break away from school and family.

8. Go camping. Pack up your car with cheap food and good friends for a very relax-

ing vacation. You could play games, swim, if you are near a lake, and spend quality time with the people you do not get to see very often during the semester. A great thing about camping is that you do not usually need a reservation. If you and your friends end up wanting to leave a few days early, you can easily do that.

9. Sometimes you have to accept the fact that you simply cannot afford to go anywhere for spring break. Instead of stressing about money and possibly blowing most of your savings, participate in a "staycation." Even if you are staying home, and even if you have a job, no school for nine days is still a vacation. Catch up with old friends, homework, TV shows, casual reading and sleep. Find things to do in your hometown that you have forgotten about or weren't aware of like museums, parks or other attractions.

10. Get a job or an internship. Many students will cringe at the thought of working through their spring break. However, working full time for a week can earn you several hundred dollars. While your friends might be on a strict budget after they return from their vacation, you will be sitting comfortably with the extra money you made.

The money you make can assist you in going on a summer vacation that is more fun than your low budget spring break would have been.

There are many options for people who do not want to spend a lot of money on their spring break. Sometimes you just need a little bit of creativity to find things to keep you and your friends entertained.

Emily Henderson is a junior in public relations. Please send all comments to edge@kstatecollegian.com.

Local volunteer opportunities can provide meaningful experience

Haley Rose
staff writer

As much hype that surrounds spring break trips, an equal amount of brooding is known to abound in the weeks leading up to the iconic 10-day respite from the world of academia. Whether trips are full or funds are low, some students find themselves stranded in the heartland while their friends head off to relaxing vacation locales.

Since options of escape aren't always viable, some students are perfectly content to wile away every one of the 240 hours allotted to them doing nothing but lolling about and relaxing in the most affordable way possible - sleep.

One alternative to soaking up copious amounts of vitamin C in the Florida Keys or hibernating is to spend spring break doing something that will last longer than a beach tan, such as community ser-

vice.

Community service doesn't necessarily mean inching along K-177 with a poker and a bright orange vest picking up garbage; it can be as easy as helping the Sunset Zoo prepare for the coming warm months.

"We're always looking for more volunteers," said Scott Shoemaker, Sunset Zoo director. "We do a lot of cleanup from the winter. Prepping flowerbeds, cleaning up debris."

Shoemaker said that if students would like to volunteer over their break to call ahead and let the zoo know they're coming. The zoo's phone number can be found on their website.

Another way to serve over break is to volunteer time at a soup kitchen. Manhattan has a handful of soup kitchens that operate throughout the week and welcome additional help. The First Congregational United Church of Christ hosts

a dinner on Sunday evenings, and Mary Ellen Barkley, assistant director in the career and employment services at K-State and volunteer coordinator for the church's soup kitchen said she still needs some volunteers for March 18. Her contact information is available on the church's website.

"We're always looking for more volunteers, we do a lot of cleanup from the winter. Prepping flowerbeds, cleaning up debris."

Scott Shoemaker
Sunset Zoo director

Other soup kitchens are located at St. Paul's Episcopal Church, which hosts breakfast on Tuesdays and Fridays. This soup kitchen particularly

needs volunteers for the Tuesday of spring break, as their usual volunteers will be out of town, according Eleanor Blaker, administrator at St. Paul's.

The First Presbyterian Church has dinners on Tuesdays and the First United Methodist Church hosts dinner on Wednesdays and lunch on Saturdays. Contact and more information for each of these organizations can be found on their respective websites.

A more involved way to serve over break are service trips, sometimes called, "alternative spring breaks." This year, the Ecumenical Campus Ministry is taking students to Joplin, Mo. to do construction, both new and reparative, on houses that were destroyed in last year's F-5 tornado disaster.

The final roster for the trip is not set yet and students can still sign up to go, said David Jones, pastor at ECM. The

trip costs \$175 - which may decrease as ECM is planning fundraisers for the trip - and is scheduled from March 18 through the evening of March 23. The money covers gas, food, housing and insurance for the trip.

"This is a great opportunity to meet people," Jones said. "A great way to build friendships and help others out."

Students wishing to find out more information or sign up for the trip can contact Jeremy Alexander, ECM building manager, at jeremy@ksu.edu.

If a student would like to serve over break, but doesn't exactly know where to go, HandsOn K-State is a program in the School of Leadership Studies dedicated to helping students find opportunities to volunteer their time.

Options like serving at the Manhattan Arts Center or driving for Meals on Wheels are listed on their website, handsong.ksu.edu, as well as other options like helping out

with childcare at various locations throughout the city.

"Helping with kids is a big one," said Jackie Baker, public relations and marketing student coordinator with HandsOn and senior in mass communications. "The public schools in the area will be on spring break the same time K-State is and parents sometimes have to send their kids to programs during the work day, so those places will most likely need some help with the increase in kids."

There are of course, numerous other options available including helping the Riley County Humane Society walk dogs or spending time reading to the elderly at one of the retirement communities in the city.

If a hot beach or mountain slopes are not in the cards for this year's spring break, take some time to think about making a lasting impression on the community of Manhattan instead of your couch.

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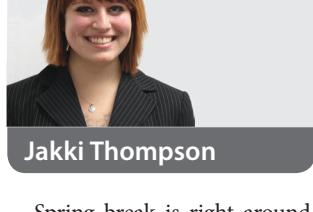
Are you ready for SPRING BREAK 2012

thursday, february 23, 2012

kansas state collegian

page 5

Minneapolis offers travelers different road-trip choices



Jakki Thompson

Spring break is right around the corner and some people may not have big travel plans yet. One place K-State community members might want to consider, that they normally wouldn't, is just an eight-hour drive away from Manhattan. Minneapolis is a city of arts, entertainment, sports, food and adventure.

On the drive up to Minneapolis, most people choose to drive from I-70 to I-35 straight through many major cities and into Minneapolis. One of the first places that people will go through is Kansas City. This city has more than a century of fountain architecture, the National World War Museum and Gates Bar-B-Q restaurant. Those are just three of hundreds of different attractions that Kansas City offers on your way through.

Farther north on I-35, travelers will spend about half of the trip driving through Iowa. Even though Iowa is known for its corn and soybean fields, those could seem interesting to certain groups of students at K-State. Other students could check out the Salisbury House Foundation, the Science Center of Iowa and the miles of wind turbines located in northern Iowa. These at least mean you are close to Minnesota, and just two short hours from arriving in Minneapolis.

Upon entering Minnesota, you will see one of the largest, brightest signs on the entire trip, advertising St. Jo Frontier Casino. It's right off the interstate and attracts many people. There is also a city called Hope in southern Minnesota. Hope, Minn. can easily be the brunt of many jokes if the exit is closed for construction, as it was for nearly a year and a half, ending mid-January.

After driving through all of the above, Minneapolis presents the perfect final destination, making the drive completely

worth your time.

One of the most visited places in Minneapolis, both for the plays performed on the stages and the architecture of the building, is the Guthrie Theater. Originally designed by Peter Zeisler, the Guthrie has become a national icon for its Midwest location with the luxury and quality of Broadway. Furthermore, some of the best views of the Minneapolis skyline can be viewed from the Dowling Studio on the ninth floor of the building. In the Dowling Studio, people can view an approximately 280-degree view of Minneapolis in the comfort of the building.

Another main attraction that Minneapolis is known for is the big spoon and cherry sculpture. This sculpture is located in the Walker Art Center Sculpture Garden, which is completely open and free to the public. There are more than 40 pieces of artwork on permanent display and many other traveling pieces are displayed at different times of the year. This garden is more than 11 acres and is serene enough to study in, weather permitting of course.

With options of art and entertainment, food easily becomes the next highest priority. Off of Hennepin Avenue and Ninth Street in Minneapolis, there is a hole-in-the-wall restaurant called Hell's Kitchen. No, this is not the same one as seen on TV with Gordon Ramsay as the head chef. However, the reviews, prizes and food are easily at the same level as that restaurant's. Serving a diverse menu of food, students eating at this restaurant can leave full at dinnertime spending less than \$20.

If arts, entertainment and food don't interest you, maybe you are a sports junky. After a massive snowstorm in the late winter of 2010, the roof to the Vikings football stadium collapsed. In the summer of 2011, it was finally re-inflated, meaning tourists are able to tour the stadium and get a firsthand look inside, even though it is no longer football season. Another sports team that will actually be available to watch during spring break is

MINNEAPOLIS | pg. 6

Cost-effective, low-planning adventure trip can lead to an easy, fun spring break



Lauren Gocken

Planted right in the middle of the semester, spring break provides the fun and relaxation that students need to get recharged for the last half of the academic year. Unfortunately, many college students don't have enough disposable income to fund a wild and crazy, booze and topless-filled beach-side getaway, contrary to what MTV would have you believe. But I'm here to tell you that plenty of fun and relaxation can be had right here in the Midwest.

Last spring break, my boyfriend and I road-tripped from Wichita to Joplin, Mo., then to Springfield, Mo. up to the Lake of the Ozarks State Park near Osage Beach, Mo. Along the way we ate at Lambert's "Home of the Throwed Rolls" Cafe, visited burned-down mansion ruins at Ha Ha Tonka State Park, rented banana bikes at a KOA, took a horseback ride through the Lake of the Ozarks State Park and visited the Exploration Place in Wichita on our way back.

When we combined the costs of everything and split it between the two of us, a whole week's worth of activities and a lifetime of memories cost a grand total of about \$350 each. This ended up as one of the best vacations I've ever been on although we didn't have a plan, we were on a tight budget and we could only drive. So for all you spring-break-on-a-budget-ers, I hope the following tips help you have a fun and fabulous spring break adventure that doesn't need excessive planning or cash.

One way to cut your spring break costs is to drive to your destination instead of fly. If you road trip with at least one other person that you can split the gas cost with, driving is actually pretty affordable. So by staying in the Midwest, you can drive and reach most destinations in less than a day so your time can be spent doing, not just driving.

You don't need a fancy GPS to get around either. Walmart has an annually updated Rand McNally U.S. road atlas for between \$5 and \$10. By ditching the technology, you can improve your map reading skills and see how you and your road tripping partner(s) navigation skills match up.

Before you leave on your adventure, fill your trunk with the essentials. Load a cooler with drinks and ice, pack a big bag of snacks — granola bars, M&Ms, and chips are some of my must-haves — and pack another bag with all the little but important things — Ziplock bags, napkins/paper towels, salt and pepper and disposable dishes are always handy. Eco-friendly, non-disposable grocery bags are perfect for this. These items



Lauren Gocken | Collegian
During spring break last year, these zonkeys (zebra and donkey mix) were one of the off-the-path stops we made. As my boyfriend and I drove down the highway going east of Wichita, we passed what we thought was a zebra farm, so we turned around and went to investigate and take pictures.

are good to have so that you don't have to eat out for every meal of the day, and it'll help keep your budget and weight gain low.

If you pack a tent and sleeping bags, you can save big time on lodging costs. Most towns have KOA campgrounds or parks nearby that you can camp in, so camping is a pretty reliable way to stay. Since sleeping on the cold ground in a tent can get pretty uncomfortable, use the money you saved on lodging to stay in a cabin or hotel once or twice during the week.

Although you could just start driving and let your whim and fancy shape your trip, it's probably easier to have a vague destination in mind. For our trip last year, our destination was the Mark Twain National Forest; although we never ended up there, it helped shape our journey.

To get your gears turning, here's a list of a few Midwestern destinations and their distance from Manhattan — Lincoln, Neb., two hours; Springfield, Mo., four hours; St. Louis, five hours; Denver, seven hours; Colorado Springs, Colo., seven hours; Fort Worth/Dallas, eight hours; and Chicago, nine hours. Even if you don't want to go to your end destination, it will help you pick a general direction or a highway to start from.

Having a solid three to six hours of drive time is ideal because that drive time is your adventure time. During that time, let road signs be your guide. Take the exit for the tiger sanctuary, the small town zoo or the national park. These detours are what make traveling without an agenda so much fun.

One of my favorite memories from the Missouri trip was from a sketchy roadside animal sanctuary where we were certain our backwoods tour guide (if you can even

call him that) would be eaten by alligators. At the time, it was a little scary and I just wanted to use some hand sanitizer, but as soon as both of us were safely back in the car, we exploded with laughter. We really would have missed out on a funny and memorable adventure if we hadn't pulled off the highway to check it out.

Another place to get local destination ideas are the flyer kiosks located at the front of hotels, gas stations and hometown restaurants. As a kid I was fascinated by the flyer kiosks and all of the potential adventures. But sadly for little me, my childhood vacations were usually planned in advance with a family member's house as the main destination. However, for a non-planned spring break-on-the-fly trip, the flyer kiosk is awesome. It will show you all the natural landmarks, national parks and tourist spots in the area, and best of all, it'll help you find the free attractions.

If you take these considerations into mind, I'm sure you will have a very memorable and relaxing spring break adventure. But one of the most important parts of the wandering spring break adventure that I haven't covered yet is your adventure partner(s); and I only have one tip on choosing your partner — choose wisely. You're going to be around this person for a week, packed into a car, making shared decisions and possibly sharing a bed or room. Being sure that your partner(s) have similar temperaments, travel expectations and budgets can make the trip go that much easier.

Lauren Gocken is a senior in secondary education. Please send all comments to edge@kstatecollegian.com.

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Are you ready for SPRING BREAK 2012

page 6

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Ten books that offer light reading, enjoyment during spring break



Tyler Brown

As spring break begins its inevitable trek toward fruition, many of our to-do lists are either going to become delightfully vacant or we can look forward to a brief respite before assignments for the week following break begin to come in.

With this in mind, here's a list of books, with shows showing how heavy a read to expect, that you might have missed due to your workload. They will provide you with a literary escape from your academic responsibilities while you travel abroad, go to parents' homes or stay in town.



"A Princess of Mars"

By: Edgar Rice Burroughs

Genre: Science Fiction

An interstellar romance,

a princess in a rebellion and

strange creatures in a Colise-

um-esque battle royale. No,

this isn't "Star Wars" or any other famous science fiction story, but rather one that laid the groundwork for many of the beloved sci-fi yarns that came after.

Originally published in 1912, Burroughs' story tells the tale of ex-Confederate soldier John Carter who is mysteriously transported to Mars, only to find himself taken captive by the green men of Thark.

With Disney's film adaptation, "John Carter," hitting theaters March 9, checking out this classic piece of science fiction and its sequel, "The Gods of Mars," will really help you escape from your life as a reader.

"Naked"

By: David Sedaris
Genre: Memoir

When one thinks of a memoir, they usually think of a heavy-handed account of the writer's life with blips of fleeting humor. In Sedaris' "Naked," he recounts his coming to grips with obsessive-compulsive disorder, the realization that he's gay and his wanderings, from a fruit packing plant to a nudist colony.

If you want to read a memoir while smiling and chuckling along the way, take a peek into Sedaris' life in this, or any of his memoirs.

"Bossypants"

By: Tina Fey
Genre: Memoir
Comedian and entertainment industry darling Tina Fey, known for her time on "Saturday Night Live" and more recently as Liz Lemon on NBC's "30 Rock."

Tracing her time from a jaded, nerdy outcast to her time writing for "SNL" and ultimately the balancing act that is her life as a mother

and sitcom star, "Bossypants" encapsulates what it's like for one to have too much on their plate.

With an endorsement from my sister stating that she "peed my pants laughing," you know you're getting into fun, enjoyable territory.

"Choke"

By: Chuck Palahniuk
Genre: Fiction

Victor Mancini is a man with problems both big and small. His Alzheimer-diagnosed mother needs round-the-clock care and his job re-enacting colonial times doesn't pay nearly enough. To solve this, Victor, a medical school dropout, pretends to choke on food so that his fellow diners will save him and ultimately feel responsible for his life and send him money. In between all of this, Victor spends time cruising sexual addiction recovery workshops and hooking up with or fantasizing about many of the women he comes across.

While Victor's morals may be questionable, his antics will surely keep you amused.



Continued from page 5

the Minnesota Twins baseball team. Their family-friendly stadium is located within walking distance of most downtown hotels and was completed in the summer of 2010 for its inaugural season.

Sports not your thing either? Well, if students travel down by car, then Bloomington, Minn. isn't a far drive from Minneapolis. Bloomington is a place that would put any shopping enthusiast in a euphoric state. First off, Bloomington is home to The Mall of America, which is the largest indoor mall in the United States. Nickelodeon Universe is located in the center of the mall, which is enclosed by three levels of stores, a food court and another level of restaurants. Another shopping

destination in Bloomington is IKEA. New to Minnesota, it is one of the largest, most cost-effective stores for anything one might need for the home. For those who have never shopped at IKEA, this is an absolute must for college students living on a budget in need of more decor for their apartment, dorm room or house.

Minneapolis is a city with specific attractions for all sorts of people. The city takes pride in its ability to entertain a diverse group of out-of-state travelers. So, gather a group of friends, take a road trip and travel to a city you may have never thought of to go to before.

Jakki Thompson is a freshman in journalism and mass communications and women's studies. Please send all comments to edge@kstatecollegian.com.

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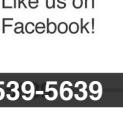
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Study shows people are more likely to lie through texting

Patrick White
staff writer

Dishonest messages linked back to lack of face to face communication with people

A study conducted by David Xu, assistant professor at Wichita State University, and Karl Aquino and Ronald Centefelli, professors from the Sauder School of Business at the University of British Columbia, found that people are much more likely to lie in a text message than in any other form of audio/visual communication, according to a Feb. 1 USA Today article by Megan Gates.

The reason given was the lack of face to face contact between the two people communicating, contributing to the fact that people can plan text messages rather than concocting a cover story on the spot.

The results of the study were taken from a mock stock sale where the sellers were to intentionally lie to the buyers, according to the USA Today article. The sellers had insider information and their job was to dupe the buyer into buying bad stock over three different forms of telecommunication and an in-person meeting. Almost all buyers, 95

percent, reported lies from the text message category; the reports of sellers lying declined when it came to phone calls, video chat and in-person sales.

"Not being face to face, people would have fewer inhibitions about trying to get away with something."

Richard Harris
professor of psychology

"Because of this anonymity there are little to no concerns with making a good appearance to the other party — which is the buyer in this setting — so they are more likely to violate the personal standpoint of honesty," Xu said in the USA Today article.

Thomas Gould, associate professor of journalism and mass communication, said that the degree of anonymity offered by texting was a key factor in why people would try to get away with lying.

"Once, in the New Yorker, there was a great visual example of this," Gould said. "It showed a dog sitting at a computer and the caption read,

'On the Internet, nobody knows you're a dog.' That degree of being faceless appeals to people running off and doing silly things."

Richard Harris, professor of psychology, said that separation plays a key role in situations where outright lying occurs.

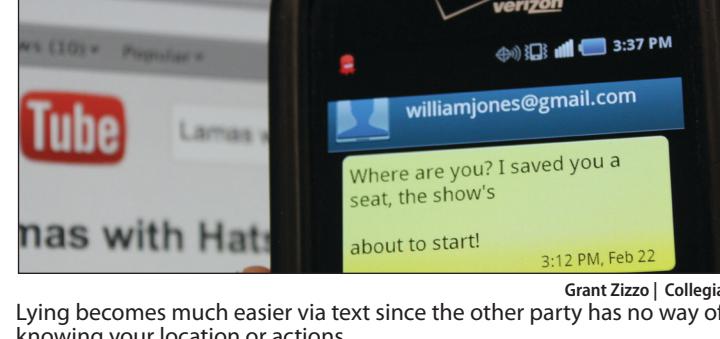
"Not being face to face, people would have fewer inhibitions about trying to get away with something," Harris said. "If you don't have to face them, it is less judgment over your nerve. You wouldn't see their reactions and you become less accountable to the other person."

This principle of removal from a situation seems to apply for people in situations akin to chat rooms, blogs and other forums. How does this same principle work between friends who communicate on the fly via text or social networks?

In the article about the study, Xu mentioned that participants were more upset over being lied to by text than from face to face interaction. Would it not make more sense for people to be angrier from being lied to in person?

Wei-Chun Chu, research associate in psychics, said that, to him, the results of this study make sense.

"I would be angrier if it was a lie told over a text message than some-



Grant Zizzo | Collegian

Lying becomes much easier via text since the other party has no way of knowing your location or actions.

thing said to me in person. I usually treat something written down as being serious," said Chu. "In text message, we are trying to communicate by saying everything in the most concise way possible, and to do that we have concise terms for saying things. That is unlike the situation when we are verbally communicating with others. Speaking face to face, people use terms much more softly."

With this difference in how we communicate, we would also consider how we gauge people differently face to face. Chu said that when you are told a story, your reaction in each situation is noticeably

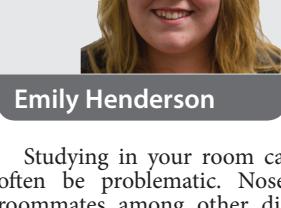
different.

"If a friend told you something that sounded untrue or incorrect, your reaction would be disbelief and you would say that they must be joking to say something like that. You would give them the benefit of the doubt if they were wrong," said Chu. "In a text message, you factor in that they took the time to contact you when you are not there with the likelihood of how much you think they are just wrong about what they said."

More on the results of the study will be available when it is published in the March edition of the "Journal of Business Essays."

WEEKLY 10

Places to study in Manhattan



Emily Henderson

Studying in your room can often be problematic. Nosey roommates among other distractions can prevent you from actually getting your work done. With that in mind, here are 10 places to study and boost productivity in Manhattan:

1. Hale Library is a great place to study. There are designated quiet floors if that is what your study habits call for. If you become easily distracted by watching people, there are many private cubicles and small tables that are secluded, you just have to look for them and, if need be, stake them out.

2. If you like studying outside, take your books to a park or maybe the lookout over Tuttle Creek Reservoir. Fresh air can be good for you and both locations have picnic benches where you can spread out and bask in the sunshine. There are also outside tables around campus in Bosco Student Plaza, outside of Rathbone Hall and Radina's Coffeehouse & Roastery. Most tables come equipped with umbrellas to provide shade from the sun. If you don't want a table, you can always sit under a tree or on the grass on campus.

3. If you do not have a vehicle or do not feel like lugging all of your belongings to a park, try your backyard. If you don't have one, the dorms and most apartments have lawns on which you can spread out a blanket. Again, fresh air can

be stimulating. Plus, you could work on a tan and getting an A at the same time.

4. Coffee shops, although sometimes very busy, can be a great place to study. Some studies show that even the smell of coffee can make you more alert. Try going to a shop, like Radina's Coffeehouse & Roastery or Bluestem Bistro, at a time that is not very busy. You may also want to purchase some quality headphones if you are attracted to the crowded establishments.

5. The K-State Alumni Center has plenty of space for students to study. Public space takes up to 75 percent of the building. The center is not very populated and therefore could be an excellent place that not many students consider to cram for an exam.

6. If your place of residence does not offer free laundry, do your homework at a laundromat. Why not knock out your studying and laundry at the same time? Most people do not hold raving parties while doing their laundry in public, therefore making laundromats potentially good environments for productivity.

7. Go to the Peters Recreation Complex to do some studying. Working out releases endorphins, which is good for you and might help you stay awake during late night cramming. If you use a cardio machine, it is really easy to read notes or a book for class. If you decide you want to lift weights, you can store your notes and books in the lockers or cubby holes and switch back and forth between flexing your brain and arm muscles.

8. If you do your best work in a library, but need a change of pace, check out the Manhattan Public Library, located at 629 Poynz Ave. There are also several other libraries around campus that might be closer to you than Hale. For example, there are additional libraries in Seaton, Fiedler, Cardwell and Trotter Halls. These other libraries aren't usually as crowded and are welcoming as long as you actually do your studying.

9. Bookstores are great places to do school work. A lot of stores are usually quiet, or enforce a noise policy and some even have a coffee shop. Hastings often has people doing homework in their café. The Dusty Bookshelf is another choice that not only offers quiet, but also has cats that roam the store in case you should want to pet one for a quick, cute distraction.

10. The K-State Student Union has many places to choose from to do homework, study or meet for group projects. The main floor has the entire food court area, Caribou Coffee and plenty of additional seating. The other two floors offer many other options of seating and tables. On the weekends, the Union is usually fairly quiet and great for studying. The Cats Den is open late as well if you need a study break snack.

Everyone needs a place to study rather than a noisy home. Try these different locations and you might find a new favorite place for doing homework.

Emily Henderson is a junior in public relations. Please send all comments to edge@kstatecollegian.com.

Teas provide benefits for drinkers

Paige Steele
staff writer

Tea drinking has played a major role in optimal health to those in the East for centuries and has more recently been widely touted in Western media.

The benefits of drinking tea are vast. Ranging from reducing cholesterol to combating cancer, different teas provide different health benefits and it's important to understand which teas provide which benefits.

According to tea enthusiast Brooke Kueser, senior in education, drinking tea is one of the best things a person can do for their bodies and notes that different kinds of teas provide different advantages to one's health. One of the most popular types of tea, and Kueser's favorite, is green tea.

"[Green tea] aids in weight loss, in that it increases metabolism," Kueser said. "It's also good for you because it contains the antioxidants that a person needs to keep a healthy lifestyle."

Kueser recommends drinking several cups of green tea a day, but admits that one works

just fine for her.

"I've started drinking green tea this year," said Reagan Domer, senior in management information systems. "I've noticed a decrease in the amount of colds that I've had and would credit the green tea with that."

According to a Dec. 28, 2011 article on teamuse.com called "The Benefits of Tea" by Media Digest, green tea also helps fight allergies, arthritis and its antioxidants can help inhibit an enzyme cancer cells need to grow.

Black tea is another popular kind of tea among Americans. According to the same article, black tea has been shown to lower the risks of heart disease and is thought to be just as beneficial as green tea.

"Black tea is my favorite," Domer said. "It's a good alternative to coffee as it contains the most caffeine of any tea and Caribou Coffee in the Union has a really good one that I like a lot called Hot Cinnamon Spice."

For people who are looking for anti-aging solutions, they need not look further than oolong tea. According to Sept. 1, 2011 article titled "Oolong Tea Benefits" from teabenefits.com, oolong tea also helps with

digestive problems, strengthens the immune system and combats tooth and bone decay.

"Lately I've started to drink oolong tea," Kueser said. "I think it tastes better than green tea and still has a lot of good qualities about it. Plus, tooth health is very important to me."

A tea that has become more popular recently is red tea, commonly known as rooibos tea. This special tea is only found in a bush in South Africa and is thought to have just as many health benefits and cancer-fighting qualities as green tea.

"I first started drinking rooibos tea when I studied abroad in South Africa my sophomore year," said Beth Caldwell, senior in psychology. "I drink a few cups every day and can drink it at night too since it's naturally decaffeinated and I've definitely noticed improvements in my overall health since including it in my diet."

Although each different kind of tea has slightly different health benefits, the effect on overall health remains the same as it is improved with the consumption of tea.

"I just really like the taste of tea and the health benefits are just a perk," Domer said.

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